

**DO YOU HAVE DIABETES?**  
**COME LEARN WITH**  
**OUR**  
**DIABETES**  
**SUPPORT GROUP**

**AT CLIFTON PARK SENIOR  
COMMUNITY CENTER**



**The 1st and 3rd Fridays of each month**  
**11am-12pm**

**TOPICS INCLUDE DIABETIC SKIN  
AND FOOT CARE, EXERCISE FOR  
DIABETICS, NUTRITIONAL BALANCE,  
AND MORE!**